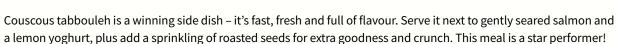


SEARED SALMON & COUSCOUS TABBOULEH

with Lemon Yoghurt & Roasted Seeds







Make a quick tabbouleh





Vegetable Stock

Couscou





Tomato

Cucumbe





Spring Onion

Parslev





int

Greek Yoghurt





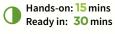
Lemon

Salmon



Roasted Seed Mix

Pantry Staples: Olive Oil

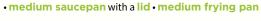






Low calorie

Our fruit and veggies need a **little wash** first! Along with basic cooking tools, you will use:





In a medium saucepan, combine the water (for the couscous) and the crumbled vegetable stock (1/2 cube for 2 people / 1 cube for 4 people) and bring to the boil. Add the couscous and a drizzle of olive oil. Stir to combine, place a lid on the saucepan and remove from the heat. Set aside for 5 minutes, or until all the water is absorbed. Fluff up with a fork and set aside, uncovered, to cool slightly.



2 GET PREPPEDFinely chop the **tomato** and **cucumber**.
Thinly slice the **spring onion (see ingredients list)**. Finely chop the **parsley**. Pick the **mint** leaves and thinly slice.



MAKE THE LEMON YOGHURT
In a small bowl, combine the Greek
yoghurt, a squeeze of lemon juice and the
water (for the dressing). Season with salt
and pepper, drizzle with a little olive oil and
mix well. Set aside.



COOK THE SALMON
In a medium frying pan, heat a drizzle
of olive oil over a medium-high heat. Pat the
salmon dry with paper towel and season both
sides with a pinch of salt and pepper.
TIP: Patting the skin dry helps it crisp
up in the pan! When the oil is hot, add the
salmon to the pan, skin-side down, and cook
for 2-4 minutes on each side (depending
on thickness), or until just cooked through.
Transfer to a plate to rest.



BRING IT ALL TOGETHER
While the salmon is resting, add the tomato, cucumber, spring onion, parsley, mint and a squeeze of lemon juice to the saucepan with the couscous. Drizzle with a little olive oil and mix well to combine. Add the salt and a pinch of pepper.

*TIP: Add as little or as much lemon juice as you like depending on your taste.



SERVE UPDivide the couscous tabbouleh between plates. Top with the seared salmon, spoon over the lemon yoghurt and sprinkle with the **roasted seed mix**.

ENJOY!

INGREDIENTS

	7	
	2P	4P
olive oil*	refer to method	refer to method
water* (for the couscous)	¾ cup	1½ cups
vegetable stock	½ cube	1 cube
couscous	1 packet	2 packets
tomato	1	2
cucumber	1	2
spring onion	½ bunch	1 bunch
parsley	1 bunch	1 bunch
mint	1 bunch	1 bunch
Greek yoghurt	1 pack (100 g)	2 packs (200 g)
lemon	1/2	1
water* (for the dressing)	2 tsp	4 tsp
salmon	1 packet	1 packet
salt*	1/4 tsp	½ tsp
roasted seed mix	1 packet	2 packets

*Pantry Items

NUTRITION	PER SERVING	PER 100G
Energy (kJ)	2270kJ (542Cal)	565kJ (135Cal)
Protein (g)	41.0g	10.2g
Fat, total (g)	20.7g	5.2g
- saturated (g)	4.9g	1.2g
Carbohydrate (g)	45.0g	11.2g
- sugars (g)	7.4g	1.8g
Sodium (g)	685mg	170mg

For allergens and ingredient information, visit **HelloFresh.co.nz/recipes**

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